



Mary's Apple Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



267 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.4 lb plus 2 tablespoons butter
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar

- ☐ 4 cups newtown pippin cored peeled thinly sliced
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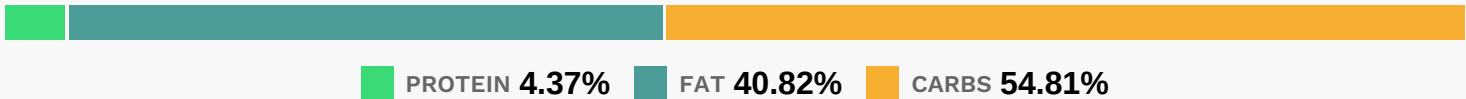
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ In a food processor or bowl, mix 2 cups flour, 1/4 cup sugar, baking powder, and salt.
- ☐ Cut the 3/4 cup butter into small pieces and add to flour mixture. Whirl or cut in butter with a pastry blender until mixture has texture of fine crumbs.
- ☐ Beat milk and egg to blend.
- ☐ Pour into flour mixture and whirl or stir with a fork just to evenly moisten. On a lightly floured board, knead dough briefly until it holds together.
- ☐ With floured hands, pat the dough evenly over bottom of a 9- by 13-inch pan and press edges up sides to form a slight ridge.
- ☐ Place apple slices, overlapping slightly, in 3 rows down the length of the dough.
- ☐ In a food processor or bowl, whirl or rub with your fingers the remaining 2 tablespoons butter, 1 cup sugar, and cinnamon until mixture has texture of fine crumbs.
- ☐ Sprinkle over apples.
- ☐ Bake in the middle of a 350 oven until cake is browned, about 40 minutes.
- ☐ Cut into squares.
- ☐ Serve cake warm or cool.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:26.31, Inflammation Score:-3, Nutrition Score:4.3308695273717%

Nutrients (% of daily need)

Calories: 267.45kcal (13.37%), Fat: 12.33g (18.97%), Saturated Fat: 7.54g (47.15%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 36.59g (13.31%), Sugar: 21.12g (23.47%), Cholesterol: 46.59mg (15.53%), Sodium: 267.2mg (11.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Selenium: 8.71µg (12.45%), Vitamin B1: 0.17mg (11.25%), Folate: 40.52µg (10.13%), Manganese: 0.17mg (8.69%), Vitamin B2: 0.14mg (8.11%), Vitamin A: 385.45IU (7.71%), Iron: 1.14mg (6.34%), Vitamin B3: 1.25mg (6.23%), Calcium: 56.22mg (5.62%), Phosphorus: 54mg (5.4%), Vitamin E: 0.39mg (2.61%), Fiber: 0.65g (2.61%), Vitamin B5: 0.19mg (1.9%), Copper: 0.04mg (1.76%), Zinc: 0.24mg (1.59%), Magnesium: 6.26mg (1.56%), Vitamin B12: 0.09µg (1.48%), Potassium: 40.36mg (1.15%), Vitamin K: 1.13µg (1.08%)